

**IELTS Academic Reading Practice Test 24**

**You should spend about 20 minutes on Questions 1-13, which are based on Reading Passage 1 below**

**Running Dry**

1. Maps from the State Water Commission in Mexico show 96 overexploited aquifers<sup>1</sup>. Seawater has polluted another 17 through excessive pumping, while toxic seepage is rapidly spreading, Mexican children develop digestive diseases due to poor water storage. Mexico City, built on huge lagoons eight centuries ago, may its 22 million inhabitants do not have enough water, cycling in many cities around the world, less half of the city's waste is treated, the rest sinks into underground lakes or rivers in the gulf of Mexico, turning rivers into sewers. This represents an extremely difficult outlook for Mexico's future. Mexico's National Water Commission lists around 35 cities that will have to be drastically reduced if more water is not found. It suggests it will happen next week, but it's a ghost haunting Mexico's future.
2. Most of the water that Mexico depends on is the same as that urgently needed in California, Arizona, New Mexico, and Texas. One prediction is that Corpus Christi, Texas (residents: 277,454 residents) will run out of water around 2018. Now the problem is getting more and more serious. Cantu Suarez, Deputy Director of Mexico's National Water Agency, said: "In Oaxaca, south of Mexico City, women line up at dawn to fill plastic containers with a passing water wheel. In the north, old aquifers are pumped. The speed is five times the speed limit."
3. Mexico is just one example of the world's extreme water shortage; parts of the country are dying, salt-poisoned fields and villages' wells are drying up; and lawsuits are coming. When he reached the fertile farmland of Baja California, his own water crisis turned into a muddy trickle. Under a complex water agreement with the United States, Mexico can draw water from the Rio Grande, but it must be returned. The repayment is sufficient to flood Delaware's debt, but since Mexico is already short of water, it is unrealistic to think this might happen.
4. Most people think that Canada has thousands of lakes and rivers, which are inexhaustible sources of water. Compared with Africa and other arid regions, most of Canada's waters are clear. The cities of Victoria on the west coast and Halifax on the east are still discharging billions of litres of untreated sewage into the ocean. Some experts believe that they contain toxic chemicals, heavy metals, pesticides and sewage. Too many rivers and streams in Canada are seriously polluted by industrial activities.
5. Humans can live for about a month without food, but they can only live for a few days without drinking water. Since 70% of the human body is made

up of water, the weight loss of some rapid diets due to water loss is very high. Only about 2.5% of the world's total water is freshwater, two-thirds of which are enclosed by glaciers and ice sheets. No one knows how much water is in the ground or permafrost<sup>2</sup>. All life on earth is supported by one percent of the world's water. (About 1.3 gallons) is the world's water, and there is not enough fresh water available for a teaspoon.

6. Generally speaking, most areas on the earth have enough water to meet human needs; however, a big problem is the rapid population growth in places with insufficient water resources and the abuse of available resources. The world's population accounts for 5.6% of the available fresh water. China has 22% of the world's population, but available fresh water only accounts for 5.7% of the world. We cannot simply send fresh water to the places where it is most needed, such as the Sahara Desert in Ethiopia, Somalia or India.
7. In January 2000, the Newfoundland government identified potentially dangerous levels of THM (trihalomethane) in the water sources of more than a dozen communities. In order to solve this problem, scientists have proposed a basic solution-water sterilization. This method can also cause problems. Drinking water for a long time can cause bladder cancer and colon cancer, but health experts believe that the benefits far outweigh these risks. Therefore, the bottled water business is booming. In just ten years, sales in the United States alone rose from \$2.6 billion to \$7.7 billion. This is equivalent to an increase of 10% in the past 10 years. But is it safe? The testing standards for bottled water in Canada are lower than municipal water supplies. There is no guarantee that bottled water is better than tap water.
8. At the beginning of the 20th century, there were 1.65 billion people; one hundred years later, there will be more than 6 billion, and the United Nations estimates that it will reach 9 billion by 2050. However, the annual supply of renewable fresh water will remain the same, so the amount of water available for each person is decreasing and The population continues to grow, increasing the possibility of water shortages. Ensuring future water safety is an important challenge that future managers must face.

## Question 1-4

Reading Passage 1 has eight paragraphs A-H.

Which paragraph contains the following information?

Write the correct letter A-H in boxes 1-4 on your answer sheet.

1 where most freshwater is located in the world

- 2 A way Mexican women obtain water
- 3 the effect of waste upon Mexican rivers
- 4 Mexico's financial commitment for its water

#### Question 5-8

Do the following statements agree with the claims of the writer in Reading Passage 1?

In boxes 5-8 on your answer sheet write

YES, if the statement reflects the claims of the writer

NO, if the statement contradicts the claims of the writer

NOT GIVEN, if it is impossible to say what the writer thinks about this

5 Unhealthy water is causing illness among Mexican children.

6 Mexicans are moving to other cities because of water shortages.

7 Mexican food crops will fail without water from America.

8 Drinking water in Canada has been polluted by industry.

#### Question 9-13

Complete the summary of paragraphs F-H below.

Chose NO MORE THAN THREE WORDS from the passage for each answer.

Write your answer in blank spaces next to 9-13 on your answer sheet.

The main issue that confronts cities with poor water supplies is their growing

9\_\_\_\_\_. Canada, which contains 10\_\_\_\_\_ of the world's freshwater,

has dealt with water pollution in some cities through a process of 11\_\_\_\_\_.

Although treated for dangerous pollution, some health experts believe city water to be a

cause of 12\_\_\_\_\_. Not all people are content to drink town water and this has

added to a demand for 13\_\_\_\_\_

## Reiki

1. The spiritual practice of Reiki was first introduced in the early 20th century in Japan and continues to be used by its followers today with the intention of treating physical, emotional and mental imbalances and consequent ill-health. The principles of Reiki involve techniques employed by practitioners they say will channel healing energy through the subject's body, and advocates hold that these techniques can also be used for self-healing. The name of the practice itself stems from two Japanese

characters, pronounced 'rei' which translates to 'unseen' or 'spiritual' and 'ki' meaning 'life force' or 'energy'.

2. According to Reiki philosophy, only by undergoing an attunement process performed by a Reiki Master is an individual able to access, then channel this positive energy within, this ability once established is considered to be enduring. Once attuned, it is said that an individual has the ability to allow energy to flow to weak or diseased areas of the body, activating a natural healing process. Reiki energy is considered to be 'intelligent energy' in that it automatically flows to such areas; for this reason, practitioners believe that diagnosis of a specific problem is unnecessary beforehand and that the practice can be used as preventative medicine and encourage healing prior to the onset of tangible symptoms. Since healing initiated by Reiki treatment is entirely natural, many practitioners are confident that it can be used alongside any other type of treatment without adverse effect; however, others recommend that since the patient may undergo significant internal improvement for certain ailments – diabetes, for example – careful monitoring is required since such improvements may establish a need for an alteration in medication requirements.
3. A 'whole body' Reiki treatment session typically lasts between 90 minutes. The subject is required to lie down – often on a treatment table – clothed in comfortable and loose fitting attire. Treatment may involve the practitioner placing their hands on the recipient in a variety of positions; however, some therapists take a non-touching approach, holding their hands a few centimeters away from the body. Hands are usually held in one position for up to 5 minutes before moving on to the next part of the body; between 12 and 20 hand positions are generally used. Those who have undergone a Reiki treatment session often state that they experienced a pleasant warmth in the area of focus and a feeling of contentment and relaxation throughout the session.
4. The healing energy is said to originate in the universe itself and is not the passing of personal energy from practitioner to patient; it is therefore thought to be inexhaustible and the personal well-being of the practitioner uncompromised. While some masters and teachers hold that subjects must be receptive to the concept in order for energy to flow, others believe that the attitude of the patient is of no consequence and that benefits will follow regardless; for this reason, those following the latter school of thought say that since Reiki requires no conscious belief it can also benefit the well-being of animals and plant life.
5. Controversy surrounds the practice of Reiki, some in opposition as they say that Reiki may offer only a perceived improvement in health and

therefore only a 'placebo' effect. Whilst the practice of Reiki itself is not necessarily considered potentially harmful, some medical practitioners are concerned that its benefits may be overestimated by patients and that, as a result, they may ignore or abandon conventional treatments. Others argue against the reliability of Reiki due to the lack of regulation of practitioners, holding that patients may be left vulnerable to illegitimate therapists who lack knowledge and skill. While Reiki is not connected to any particular religious doctrine, some religious leaders oppose the practice for spiritual reasons; however, others hold that the meditative principles involved in treatment have enhanced their own ability to explore and embrace their own particular religion.

6. Limited scientific studies in the authenticity of Reiki have been conducted. During research conducted by the Institute of Neurological Studies at South Glasgow University Hospital it was observed that there was a significant decrease in heart rate and blood pressure amongst subjects receiving 30 minutes of Reiki treatment as opposed to a group receiving placebo treatment of 30 minutes rest. Since the test group consisted of a small number of subjects just 45 – the research recommendations concluded a requirement for further studies. A similarly small preliminary study into the potential effects of Reiki on patients suffering mild dementia, conducted in the USA, tentatively suggested that treatment had a positive effect on the subjects' memory abilities; however, research limitations included insufficient analysis of potential placebo effects.
7. Other studies have also attempted to determine correlation between Reiki treatment and improvement in cancer and stroke patients. Whilst investigations into the first condition indicated a seemingly positive effect on degrees of fatigue, pain and stress experienced by sufferers, the second project failed to reveal a link between treatment and improvement in the subjects' condition and rehabilitation. Theories have been put forward that the benefits of energy treatments such as Reiki may be scientifically attributed to the effect of electromagnetic fields; however, the majority researchers agree that more extensive investigation is required.

### Questions 1-3

Choose THREE letters A-H.

Write your answers next to 1- 3 on your answer sheet

NB. Your answers may be given in any order

Which THREE of the following statements are true of Reiki?

A Principles for self-healing differ from those used on others.

B Attunement is said to have a permanent effect on the recipient.

- ☐ C Its preventative properties are more significant than cure.
- ☐ D There are differences in opinion regarding its use with other therapies.
- ☐ E The treatment typically involves contact between the therapist and the patient.
- ☐ F The recipient's own energy is the key to the philosophy.
- ☐ G Some therapists believe a pessimistic approach affects results.
- ☐ H It is only practised on human subjects.

### Questions 4-9

Reading Passage 1 has seven paragraphs A-G.

Which paragraph contains the following information? You can use each paragraph more than once.

- 4 A scientific explanation of why Reiki may have positive effects.
- 5 An overview of the practicalities of how Reiki is performed.
- 6 The pre-requisite required to experience Reiki benefits.
- 7 When a patient's faith and expectations cause concern.
- 8 The immediate effects that can be experienced by recipients.
- 9 The safety of conducting therapy for practitioners.

### Questions 10-13

According to the information in Reading Passage 1,

Classify the following research findings into the benefits of Reiki as relating to

A The Institute of Neurological Studies

B Research conducted in the USA

C Cancer research

D Stroke research

Write the correct letter A, B, C or D in boxes 10-13 your answer sheet

10 The groups' comfort and quality of life appeared to improve.

11 No apparent links were identified.

12 Results were compared to a control group who did not receive Reiki treatment.

**13 Recollection ability seemed to be enhanced.**